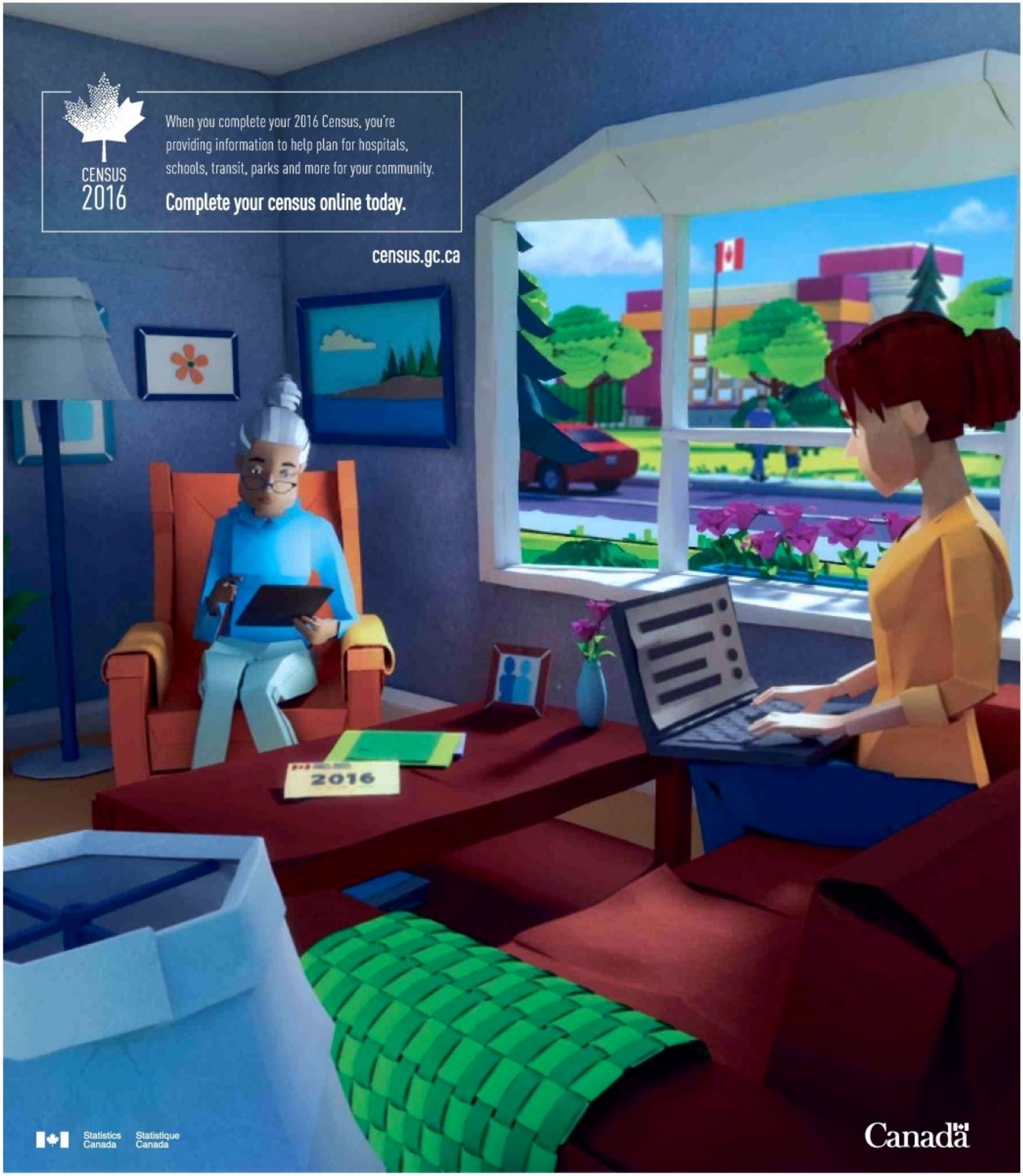
Vancouver metro

TUESDAY, MAY 10, 2016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FORT MCMURRAY
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Distracted driving fines to increase

ROADS

First-time offenders to pay penalty of $543 or more

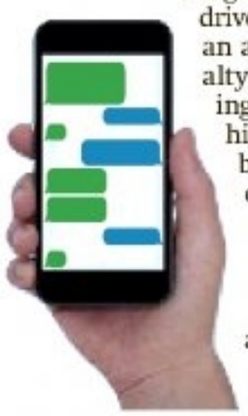
Matt Kieltyka
Metro | Vancouver

Being caught texting while driving will soon cost first-time offenders a minimum of $543.

The province announced significant increases in distracted driving penalties Monday in a bid to cut down on the increasing number of injuries and deaths associated with the behaviour.

Previously, first-time offenders would get a $167 fine for driving while on their phone and be docked three points on their licence.

Starting June 1, the base fine will go up to $368 and drivers will receive an additional penalty point, bumping them up to a higher premium bracket at the cost of an additional $175.



The total cost for second offenders escalates to $888 and comes with the risk of an automatic driving-record review and possible three-to-12-month driving prohibitions for repeat offenders.

Minister of Public Safety and Solicitor General Mike Morris said the increased penalties are needed because distracted driving cases continue to rise.

In 2014, 66 people were killed and 630 more were injured because of such incidents.

"Distracted driving kills. That's 66 deaths that were totally, 100 per cent preventable," said Morris. "I was a police officer for 33 years and I've seen some grisly reminders of why we need to be serious about this. If you choose to engage in this high-risk behaviour with potentially fatal consequences, you'll pay the price."

B.C. Association of Chiefs of Police president Les Sylven said B.C. officers have handed out more than 42,000 tickets for distracted driving between 2010 and 2014.

The number of violations, he says, increases each year.

"It's clear that our current penalties have not been enough to change this dangerous behaviour," said Sylven. "Police across the province welcome these increased penalties."

The public does as well, according to Morris. During public consultations, Morris said 90 per cent of respondents said they favoured increased penalties. Many supported even stiffer penalties.

A burned-out house and others still intact in the Abasand neighbourhood of Fort McMurray. JONATHAN HAYWARD/THE CANADIAN PRESS

The new Fort McMurray

What's been lost, and spared, in an ocean of fire

Ryan Tumilty
Metro | Edmonton

IN FORT MCMURRAY

Metro takes you behind the headlines to the communities, bedrooms and schools lost to the inferno

- **PILOT BREAKS THE RULES TO SAVE PETS**
- **FIREFIGHTERS BOND ON THE FRONT LINES**
- **TOUR REVEALS THE MANY SAVED HOMES**

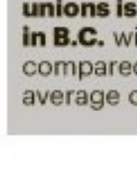
metro NEWS
Your essential daily news

A sexual assault charge against Jian Ghomeshi is to be withdrawn, a source says.

Salary 'top ups' unpopular: Poll

POLITICS

Majority don't want leaders receiving extra pay from party



Matt Kieltyka
Metro | Vancouver

The vast majority of British Columbians oppose elected leaders' salary top ups from political parties and want to see corporate and union political donations banned, a new poll has found.

According to a nationwide Angus Reid Institute poll released Tuesday, 86 per cent of respondents in B.C. believe salary top ups from political parties — like the approximately $50,000 Premier Christy Clark receives from the BC Liberals on top of her taxpayer-funded salary — should be stopped.

The national average is 81 per cent.

Thirty-two per cent in B.C. say they've seen media coverage of salary top-ups, and 20 per cent said they are actively following it in the news and discussing it among family and friends.

DONATIONS

Support for banning political donations from corporations and unions is also strongest in B.C. with 71 per cent, compared to the national average of 62 per cent.

Premier Christy Clark and former MLA Ben Stewart, left, leave a coffee shop after making a brief stop as she campaigns in Kelowna in 2013. The majority of British Columbians recently polled by Angus Reid believe political parties should stop handing out additional money to elected leaders. CHRIS STANFORD/THE CANADIAN PRESS

Almost two-thirds of British Columbians consider it an important issue (ranking it a four or a five on a five-point scale).

British Columbia ranks first among all provinces for people who are aware of the issue, believe it is important and want to see salary top ups banned.

"Certainly the focal point of the conversation has been on politics in B.C.," said Shachi Kurl, executive director of the Angus Reid Institute.

> **"Nowhere in Canada are they talking about it more than they are in B.C.**
> Shachi Kurl, Angus Reid Institute

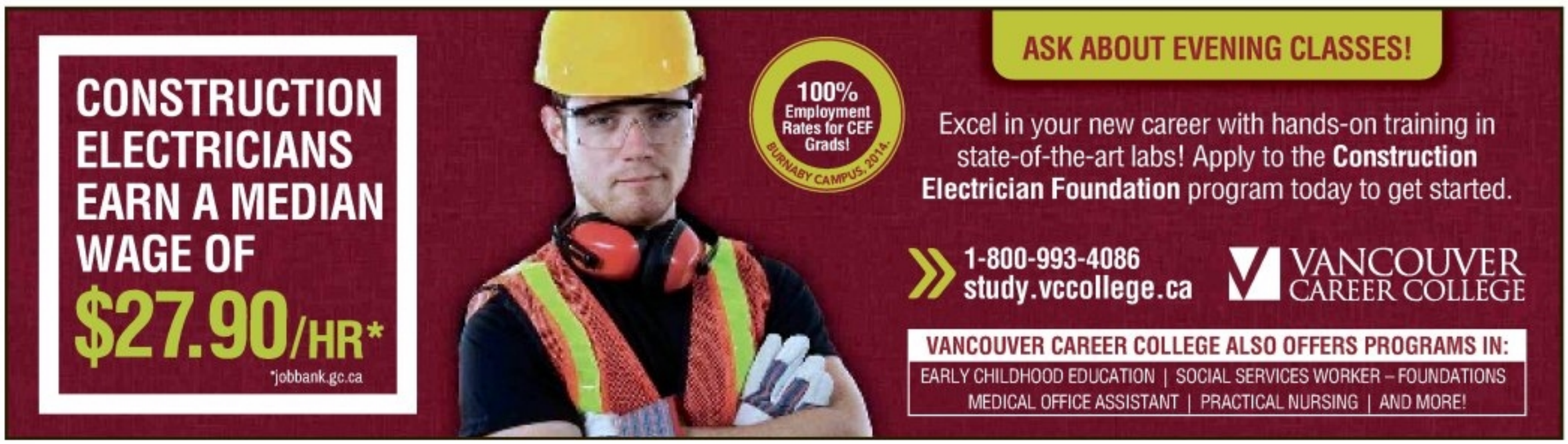
"Nowhere in Canada are they talking about it more than they are in B.C."

That's because the Liberals have refused to budge on top-ups and banning corporate and union donations, even when other leaders like Ontario Premier Kathleen Wynne are reforming their province's election fundraising rules due to public pressure.

But with only one in five British Columbians actively following it in the news, Kurl isn't sure big money in politics will be a make-it or break-it issue in next year's provincial election.

"People are not as engaged on this as they are with something like the environment file, like pipelines and the bread-and-butter economic issues," said Kurl.

"Political issues can play a role during an election, but it's a matter of time and cumulative impacts. It's got to hit a pain point for voters before it hits a pain point for the political parties."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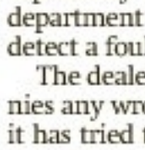
Dead mouse causes big stink for Honda owner, dealership

HEALTH AND SAFETY

Owner recalls her two-year Odyssey for foul, furry truth



Thandi Fletcher
Metro | Vancouver

When Marina Roma-March bought a Honda Odyssey at a Burnaby dealership two years ago, she wasn't expecting the new car smell to be dead mouse.

Now the Burnaby optometrist said she feels "sick to her stomach" after finding a rotting rodent in an air vent of the vehicle that she believes has been the cause of the foul smell that has lingered since she first drove the car off the lot.

"It's been awful," Roma-March told Metro. "For more than two years, my family has had to endure this rotting flesh smell … When it was really bad in the first year we had to hold our noses and open the windows."

She said the ordeal has caused her to lose trust in the dealership, OpenRoad Honda in Burnaby, after she claims she brought the vehicle to be inspected a dozen times but was repeatedly told by the service department that they could not detect a foul smell.

The dealership, however, denies any wrongdoing, claiming it has tried to fix the situation, providing thousands of dollars of free services in an effort to find the source of the alleged odour.

For the past decade, Roma-March says she has been a loyal customer of OpenRoad Honda. In November 2013, she bought a new Honda Odyssey from the dealership.

Marina Roma-March was disgusted to find a dead mouse in an air vent of her Honda Odyssey, two years after she first noticed a foul smell in the vehicle. COURTESY MARINA ROMA-MARCH

Less than a day later, however, she said she noticed a rotten odour permeating through the new car scent.

After returning the vehicle to the dealership's service department, where the car was taken for a test drive, Roma-March said she was told that they could not detect a strange smell but replaced a filter and deodorized the car anyway.

Over the next two years, Roma-March said the odour continued to surface whenever she used the air conditioner in summer or the defogger in winter. She said she returned the vehicle to the service department a dozen times only to be given the same answer.

Last week, however, she said her husband noticed fur reflecting on the windshield. Upon closer inspection, the couple saw what looked like a dead mouse inside the air vent on the left driver's side.

Not knowing how long the rodent had been there, Roma-March said she feels "nauseated" thinking that she and her kids may have been breathing "rotting rodent flesh."

> **When it was really bad in the first year we had to hold our noses and open the windows.**
> Marina Roma-Marsh on the odour in her vehicle

She said she believes the dead rodent was already inside the car when she bought it in 2013.

Roma-March said she contacted OpenRoad Honda soon after and the company sent a manager to inspect the vehicle. She was surprised, however, when the manager told her that the dead mouse "looks fresh" and he didn't believe the rodent had been the cause of the foul odour.

Tanis Sullivan, a spokeswoman for OpenRoad Honda, confirmed the dealership doesn't believe the mouse was in the car for the past two years.

She said the dealership believes the rodent is "freshly deceased" as it was not seen by the service department despite the vehicle being thoroughly inspected six times.

The dealership provided photos and video to Metro showing the dashboard being removed. The air conditioning evaporator was also replaced, the engine shampooed and interior of the vehicle cleaned, all free of charge, said Sullivan.

She said OpenRoad Honda believed the issue had been resolved when Roma-March brought the vehicle in for a regular service in February and did not mention the alleged smell.

When the dealership was informed about the dead mouse last week, Sullivan said Roma-March was unwilling to bring the vehicle in for an inspection, even after a manager met her husband at his place of work with a courtesy vehicle and offered to drive the car back to the dealership to clean out the rodent.

The matter has since been turned over to Honda Canada.

While she acknowledged that both the dealership and Honda Canada have tried to fix the situation, Roma-March said the two-year ordeal has caused her to lose trust in the dealership.

She said she does not want OpenRoad Honda to inspect her vehicle again, and would rather take the car to another dealership but said she is expecting to pay between $600 and $1,000 to have the rodent removed.

Over the past two years of complaining, Roma-March said she "sensed that those in the service department were getting annoyed" with her.

"I often left feeling belittled," she said. "This experience has caused me mental anguish and distress."

Roma-March said she simply wants the dealership to acknowledge that it didn't do as much as it could have.

"I just want an apology," she said.

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CRIME

Stabbing stems from 'road rage': RCMP

Thandi Fletcher
Metro | Vancouver

Mounties are investigating an apparent "road rage" incident that resulted in a man being punched and stabbed in Surrey's Newton neighbourhood on Sunday.

Cpl. Scotty Schumann of Surrey RCMP said the incident happened around 3:30 p.m. in the 12,100-block of 72nd Avenue when several witness called RCMP reporting what appeared to be a case of road rage between two vehicles.

"What started as a simple traffic incident quickly escalated into a life threatening situation for the victim," Schumann said in a news release.

The victim collapsed after being allegedly punched and stabbed by the suspect in a parking lot. The suspect was last seen northbound on foot in the 12100 block of 75th Avenue.

The suspect, who was driving a grey Mazda 3 hatchback, is described as having dark hair and a dark beard. He was wearing black shoes, blue jeans and a white tank top.

RCMP believe there are several witnesses who have not yet come forward, especially given the large area, time of day and busy location of the incident.

Anyone who witnessed the incident or who recognizes the suspect is asked to call Surrey RCMP or Crime Stoppers, if they wish to remain anonymous.

A photo of the suspect.
COURTESY SURREY RCMP

Suspended B.C. lawyer Fred Sharp has worked with Panama law firm Mossack Fonseca since the 1990s. YOUTUBE

Vancouverite investigated

PANAMA PAPERS

Fred Sharp's company part of tangled tax planning web

An ongoing Toronto Star/CBC investigation into tax havens, based on 11.5 million leaked records belonging to the Panamanian law firm Mossack Fonseca, reveals a sophisticated and sometimes shadowy network of wealth managers who've been setting up offshore corporations since the 1970s.

The Panama Papers reveal that nearly 100 Canadian offshore specialists have worked with Mossack Fonseca to set up more than 2,100 companies in tax havens such as Panama, the British Virgin Islands and the South Pacific island nation of Niue.

Those jurisdictions are chosen because public disclosure of corporate ownerships is not required, allowing links to individuals to remain secret.

Much of this is considered legal. And there are justifiable reasons for establishing companies offshore.

The Star/CBC investigation has uncovered examples of how offshore anonymity has attracted professionals whose efforts appear designed to hide money from tax agencies.

Vancouver's Fred Sharp is, by far, Mossack Fonseca's most industrious Canadian middleman, according to an analysis of data obtained by the International Consortium of Investigative Journalists and shared with the Star and CBC.

The documents reveal Sharp's company's commitment to corporate secrecy — including the destruction of records — and its willingness to do business with one of Canada's most notorious fraudsters.

As early as 1994, Sharp consulted with Mossack Fonseca officials about options for structuring a company offshore "so that no taxable income accrues," according to internal Mossaack Fonseca documents.

Since then, Sharp's Belize-based Bond & Co. helped create 1,167 companies and foundations in a complicated arrangement by which Mossack's billings to Sharp were to "reflect Bond & Co-Belize" but "should be sent to their physical address in Vancouver (Corporate House)."

Corporate House, Sharp's company, became the de facto Canadian headquarters of Mossack Fonseca.

"Referrals of Canadian (clients) must be made to Corporate House, " reads one instruction. "They run an investment banking (operation) w/ admin, acctng, legal, securities, etc. ... so (offshore incorporation) is a natural extension of their activities."

Sharp refused interview requests but in a written response defended his business: "Tax planning is a global reality that results from international competition and inefficient governmental regulation. It promotes efficiency and is legal."

The relationship Sharp's Corporate House established with Mossack Fonseca was intimate.

A company called Mossack Fonseca (Canada) Inc. was registered in B.C., in May 1998, and dissolved 11 months later. Its sole director is listed as Frederick L. Sharp.

TORSTAR NEWS SERVICE

"It promotes efficiency and is legal."

Vancouverite Fred Sharp on his tax-planning enterprise

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Capsize an 'act of God': Owner

LEVIATHAN II

Whale-watcher responds to proposed class action lawsuit

The deadly capsizing of a whale-watching vessel off Vancouver Island last year was an "act of God" that could not have been reasonably predicted nor prevented, says the owner of a tour operator.

Jamie Bray of Jamie's Whaling Station in Tofino filed a court document responding to a proposed class-action lawsuit launched by brothers Christian and Dirk Barchfeld.

The German siblings were aboard the Leviathan II on Oct. 25, 2015 when the 20-metre vessel flipped, killing six people. They are accusing the company of negligence for allowing the Leviathan II out in treacherous ocean conditions.

The response to a civil claim praised Capt. Wayne Dolby, who is also named in the lawsuit, as well as other employees, for their life-saving actions.

Jamie Bray, front right, owner of Jamie's Whaling Station, arrives to speak to people during a potluck dinner at the Tofino Community Centre last year. CHAD HIPOLITO/THE CANADIAN PRESS

"The captain and crew successfully pulled a number of passengers into the life raft and were attempting to rescue other passengers when vessels, which saw the deployed parachute rocket, and then the Canadian Coast Guard vessel attended to provide rescue services," says the document filed in B.C. Supreme Court.

It describes the Leviathan II as properly equipped and certified by Transport Canada, as well as complying with regulations regarding life jackets and the distribution of passengers around the sightseeing craft.

"The capsize occurred through a combination of sea conditions, wind and waves generated naturally in such a manner as to be unforeseeable and not preventable by exercise of ordinary care, caution and maritime skill," the document says.

"Injury, loss, damage or expense was caused by an act of God, was totally accidental and/or unforeseeable in nature, or was caused or contributed by the negligence of others not presently known."

None of the allegations have been tested in court.

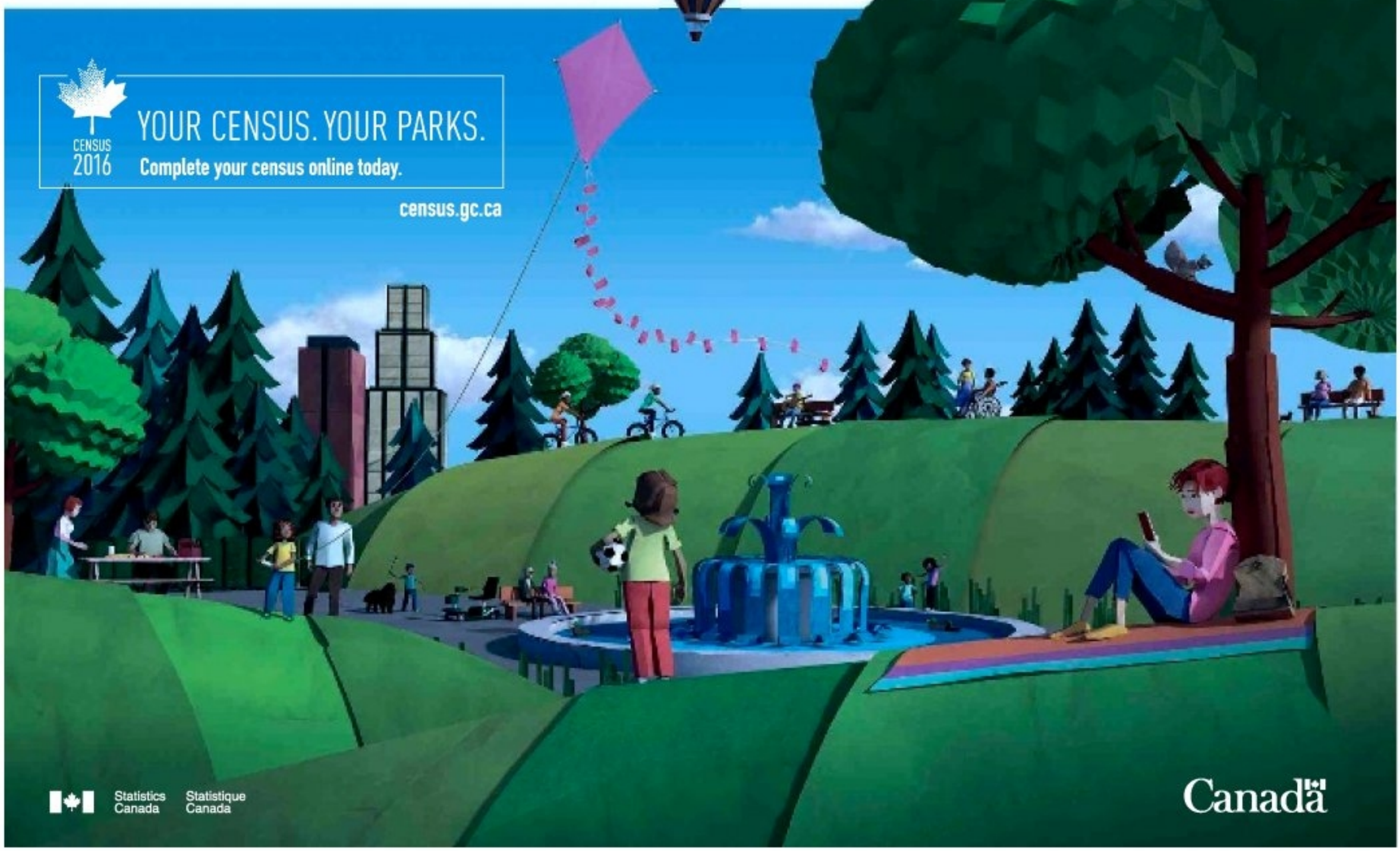
One Australian and five Britons died after the Leviathan II overturned with 24 passengers and three crew on board. The craft had a 46-person capacity. The Transportation Safety Board is conducting an investigation to determine what caused the vessel to capsize.

The Barchfeld brothers, who were vacationing in Canada, are seeking compensation for alleged physical and psychological injuries.

Five legal actions have already been filed in Federal Court involving 34 people in relation to the Leviathan II, says the response to civil claim.

The tour operator argues in the document that the lawsuit should not be granted class-action status and that the action would be better heard in Federal Court so the question of liability can be answered alongside five preceding suits.

The court document says that if any injury or loss was suffered, the blame lies with the case plaintiffs for not taking proper steps to mitigate any damage. That includes failing to seek or follow medical advice and failing to resume employment as soon as possible. THE CANADIAN PRESS



CRIME

Yaletown assault preceded by slurs

Thandi Fletcher
Metro | Vancouver

Two men are facing assault charges in connection with what police are describing as a racially motivated attack in Yaletown Sunday night.

Const. Brian Montague, spokesman for Vancouver police, said the incident happened outside Urban Fare in the 100-block of Davie Street at about 7:45 p.m.

He said three people were sitting eating dinner outside the grocery store and café when they were approached by two intoxicated men.

"Without provocation, both men began aiming racial slurs at the three victims," Montague told Metro. "One victim was slapped and another punched in the head. When the third attempted to help, he was pushed into a brick wall."

Several bystanders jumped in and helped to stop the assault, he said. Montague did not say if the victims sustained any injuries during the incident.

According to media reports, one of the victims was a tourist visiting from Seattle.

The victim told Global News that they were eating dinner with their wife and cousin when they were approached by a man who said the N-word before hitting them.

"It's very sad," the victim said. "I love Vancouver. I always come here and enjoy it. I've never seen such a thing (here)."

Police are recommending assault charges against both men arrested at the scene.

> **It's very sad . I love Vancouver. I've never seen such a thing here.**
> Assault victim from Seattle

The 58,000-hectare Siphon Creek wildfire rages in the Peace River region on May 5. B.C. WILDFIRE SERVICE/CONTRIBUTED

'Peace fires were arson'

CONSERVATION SERVICE

Investigators seek tips, evidence from the public

Investigators say arson is believed to be the cause of at least 10 wildfires in northeastern British Columbia.

Fire investigators and conservation officers have found evidence to suggest the fires in the Peace region were deliberately set, the Environment Ministry said.

Some of the fires have caused property damage, said Chris Postuma with the B.C. Conservation Officer Service. He declined to provide details, saying an investigation is ongoing.

The blazes are believed to be connected, and extra conservation officers brought in to help investigate are asking for tips from the public.

The Peace region has been hit by an early and aggressive start to the fire season as flames have been fanned by hot, dry, windy conditions.

Hundreds of people forced from their homes by a pair of uncontained fires burning north of Fort St. John were allowed to return Sunday, but 17,000 residents remain on evacuation alert and must be prepared to leave again at any time.

Provincial fire information officer Ryan Turcot said 84 fires are currently burning across the province, including 52 in the northeast region.

Wet weather helped firefighting crews over the weekend, with rain and some snow falling on two major blazes, Turcot said. "But moving ahead into the week, we are expecting a return to drier conditions."

There have been 234 fires across the province since April 1, Turcot said, more than double the 110 fires that had burned at this time last year. The majority have been caused by people, he said.

It's estimated that this year's blazes have scorched more than 775 square kilometres, over 40 times the 10-year average, he said. THE CANADIAN PRESS

Mounties off to Fort Mac

Mounties from across British Columbia are heading to northern Alberta to help in fire-ravaged Fort McMurray.

B.C. RCMP spokesman Staff Sgt. Rob Vermeulen says about 150 tactical troop members and traffic service officers are being sent.

He says the Alberta RCMP requested help from their B.C. counterparts.

The officers will come from communities across the province to make sure local detachments aren't left short-handed.

Vermeulen says the officers are used to being redeployed on short notice for serious events. THE CANADIAN PRESS

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Gigantic gem sells for record $63.1M

LUCARA

Diamond may be topped by auction for an even bigger ice

Lucara Diamond Corp. says it has sold one of the biggest diamonds ever found for $63.1 million US.

Company president William Lamb says in a statement that the price was the highest ever paid for a rough diamond.

Lamb adds that the 813-carat diamond, called Constellation, is also the sixth-largest gem-quality diamond ever found.

"There's no real precedent yet for very large stones being sold," he told Metro in a phone interview in November.

"There's all sorts of things that will play into how much the stone actually gets sold for, but I think because of its historical significance, maybe the market needs to focus on, 'How much is the stone worth?'"

This 813-carat diamond, The Constellation, was found in 2015 at Lucara Diamond's Karowe mine in Botswana. COURTESY LUCARA

The Vancouver-based company didn't disclose the buyer but said it will also get 10 per cent of the net profit from the polished stones cut from the rough diamond.

Lucara recovered the diamond from the same mine in Botswana where it also found the 1,109-carat Lesedi La Rona diamond that ranks as the second-largest ever discovered.

> **There's no real precedent.**
> William Lamb

Sotheby's is set to auction the Lesedi La Rona diamond on June 29, with estimates that it could sell for $70 million US.

According to the Royal Collection Trust, which oversees British royal treasures, the largest diamond ever found was the 3,106-carat Cullinan diamond, unearthed in South Africa in 1905. That diamond was cut into smaller pieces that are part of the Crown jewels.

THE CANADIAN PRESS, WITH FILES FROM THANDI FLETCHER/METRO

PETITION

Prolong lifeline for foster youth: Group

Matt Kieltyka
Metro | Vancouver

Youth that age out of the province's foster-care system shouldn't be cut off from financial support, according to the Vancouver Foundation.

The foundation launched a new campaign and petition on Monday in an effort to increase public awareness and political will for continued supports for youth, who are often left to fend for themselves once they hit their 20s.

Approximately 40 per cent of homeless youth have been in the child-welfare system, and fewer than 35 per cent graduate high school by the time they're 19, the foundation says.

According to a recent Insights West poll, 71 per cent of British Columbians are in favour of continuing to support youth in the system with things such as living expenses until age 25.

"Young people leaving foster care deserve every opportunity to succeed, and signing this petition will show community, political and business leaders that it's time for change," said Vancouver Foundation president Kevin McCort.

IN BRIEF

Coroner investigating fatal plunge into waterfall

The B.C. Coroners Service is investigating the death of a hiker on Vancouver's North Shore.

Cpl. Richard De Jong confirms the unnamed man did not survive after falling into Norvan Falls and hitting his head during a hike on Sunday.

North Shore Rescue says its members used high-tech equipment to keep the victim's heart beating while a long line was used to airlift him by stretcher out of the rugged Lynn Valley area. THE CANADIAN PRESS

Fellowship shines on the front lines

EMERGENCY RESPONSE

Firefighters describe 'small victories' amid exhaustion

Lucie Edwardson
Metro | Calgary

Destroyed trucks sit in Fort McMurray's Beacon Hill neighbourhood on Monday. JONATHAN HAYWARD/THE CANADIAN PRESS

Dave Stirling and the other men of the ladder 4 Fort McMurray fire crew have been battling the wildfire since last Tuesday.

The wildfire has displaced nearly 88,000 people and has been estimated to cover upwards of 110,000 hectares — destroying the homes of thousands.

Stirling said it's a feeling of camaraderie that's motivating the crews, who are running on little sleep and have seen a lot of the city they love reduced to rubble.

"Just feeling tired," he said. "The sense of community and seeing all the brothers and sisters work together up here eases the pain."

Stirling said their sense of duty is propelling them during the hardest battle of their careers.

"We're doing what we love. We didn't chose this profession because of glory or fame," he said. "It's not just a job or a career, it's a life choice and everyone up here is doing what they in their hearts want to do — serve and protect."

As the fire continues to grow, Stirling said those on the front lines are doing what they can to keep motivated.

"We're just finding small victories and staying positive with the brothers and sisters all working together," he said. "It's s—y, but there's no sense dwelling on it. We all know it's an uphill battle, but we have a job to do."

As firefighters from other cities, provinces and even countries have arrived to help, Stirling said it's highlighted the fraternal nature of the brigade.

"Having the brothers and sisters fighting alongside us from all over is a huge support and means the world to us," he said.

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The cruel randomness of fire

DAMAGE

School stands amid gutted homes in one neighbourhood

Ryan Tumilty
Metro | Edmonton

Inside Fort McMurray, the raw cruelty that last week's fire wielded, forcing 88,000 people to flee, is front and centre.

But the cruel randomness of it all is also on display.

In Abasand, one of the most badly burned neighbourhoods, the Ecole Boreal and its swing sets and playgrounds sit empty and undamaged, as if waiting for children to come back.

All around the school are homes reduced to empty shells: stoves and BBQs just barely recognizable and at one foundation, a charred skeleton of a bike securely chained at another.

The school stands but the walls, bedrooms, roofs of houses — the very places the school's children lived — are gone.

The school wasn't alone in surviving despite its surroundings: Many homes in the neighbourhood were spared, often just across the street from another that was destroyed.

On a media tour of Fort McMurray Monday, reporters from around the world witnessed firsthand how the massive blaze, which continues to grow outside the city, has gutted a community.

If the damage in Abasand is arbitrary, in Beacon Hill it is complete.

The sign entering the community stands, and so do its bus stations, but row upon row of homes have only their basements remaining. The cars are torched, tires melted. Only the sidewalks and the driveways give hint at what was here before.

Fire Chief Darby Allen said the random homes that were saved were the result of hard work by firefighters.

"It was specific firefighter operations internally that stopped the spread of the fire," he said.

But in Beacon Hill, he said, they simply didn't have time.

His Birmingham accent might suggest otherwise, but Allen has called Fort McMurray home since 2009 and has been its fire chief for the last three and a half years.

Knowing his neighbours would be seeing the tragedy unfold on newscasts, Allen was stoic on the media tour and sent a message to the evacuees across the province.

"Fort McMurray is still alive. We are here. We are ready for the future," he said.

Even as he guided the media tour, Allen said he didn't want the spotlight to fall on him, refusing even to say the word "hero."

"I don't want this to be about that H word and Darby Allen," he said.

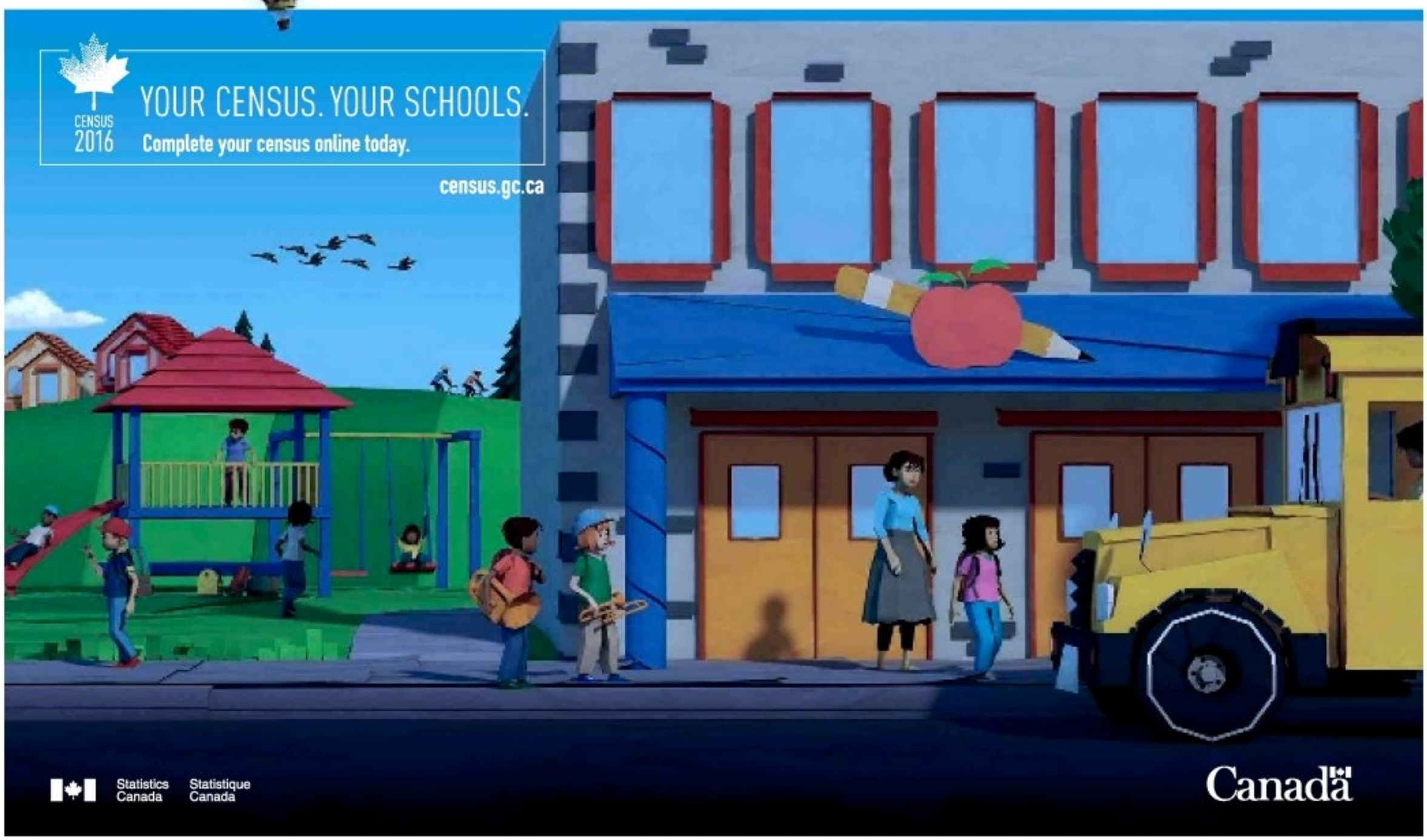
Allen said the real heroes of the community were the men and women on the front lines, including one local firefighter who found himself in a losing battle to save his own home.

Allen said when hope was lost for his house he didn't stop.

"He didn't drop his nozzle. He moved to his neighbour's house."

A burned-out barbecue is shown in the Abasand neighbourhood of Fort McMurray during a media tour of the fire-damaged city on Monday. JONATHAN HAYWARD/THE CANADIAN PRESS

> **"Fort McMurray is still alive. We are here. We are ready for the future."**
> Fire Chief Darby Allen



Pilot breaks rules for pets

RESCUE

Many residents barred from re-entering city to get pets

Jeremy Simes
For Metro | Calgary

Pauline Gebbie holds a hedgehog during the massive animal expedition. COURTESY KEITH MANN

This pooch had his own seat during the flight to Edmonton. COURTESY KEITH MANN

Pilot Keith Mann didn't think twice to break the rules and load his plane with more than 40 furry friends, after they spent a few days north of the fire-ravaged Fort McMurray.

More than 80,000 Fort McMurray residents were ordered to flee on Tuesday, leaving many without their pets as they were barred from re-entering the city due to the advancing wildfire.

Since then, owners and their fur babies have begun to reunite through ongoing animal rescue efforts after the flames subsided.

Mann, Suncor Energy's manager of flight operations, said it just made sense to fly his load of critters down south after they sought refuge north of Fort McMurray.

"We're all animal lovers here," Mann said. "We knew it was important for owners to re-connect with them."

For the past few days, Mann has flown about 6,000 people from camps up north to Calgary and Edmonton.

But one flight was a bit peculiar — it was like 101 Dalmatians on a plane, except it involved "cats, dogs, rabbits and chinchillas … you name it," Mann said.

Normally, Suncor planes only allow a few animals on a plane per trip, and they must be secured in a kennel, Mann said.

But that policy just didn't make sense given the circumstances, so he made the executive decision to load them all up. "I just said, 'No, let's do this,'" Mann said.

Once every critter and human was secured, the aircraft took off in what Mann described as a relatively peaceful flight.

HOUSING

Evacuees get special terms

Helen Pike
Metro | Calgary

Landlords in Calgary are stepping up for a possible influx of evacuees.

According to the Calgary Residential Rental Association landlords are looking for ways to welcome new tenants, even if it's for a short period of time.

Gerry Baxter, executive director of the association, said Calgary's rental market can handle the influx, and many of his members are already stepping up to help.

Baxter said some are offering two months free rent, others in Calgary and Edmonton are waiving or minimizing their damage deposit fees, getting rid of lease break fee clauses, three to five day stays and even month to month stays.

Normally, Baxter said, it's not beneficial to have people staying for short stays, but many landlords understand the need and want to help people out.

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Father, son reunite after fleeing flames

MISSING

Fort McMurray man feared dad trapped in city's rubble

Jeremy Simes
For Metro | Calgary

Dion Hasad, right, was worried his dad, Ken, didn't make it out of Fort McMurray as the city began to burn. COURTESY DION HASAD

Two days after the Fort McMurray wildfire destroyed much of the city, Dion Hasad had no idea if his dad, Ken, was still trapped among the rubble.

"While we were fleeing, I called my dad and said, 'Dad, get out now. Get out now,'" Hasad recalled, adding his father has a form of dementia.

"He was like, 'No one has evacuated us.' And I was like, 'I can't come back downtown because they won't let me in.'"

Dion's friends also waited outside Ken's driveway, hollering at him to come down and escape. But they also had to flee.

It wasn't until the very last moment that Ken hopped in his old pickup and left for Anzac, after noticing the city was in serious trouble.

At that point, Dion said he had no idea if his dad was safe, so he posted on Facebook that Ken was missing.

"That's where panic kicked in," he said. "I can't find my dad, and I don't know if he's being stubborn as usual or if he was seriously stuck.

"I just kept saying, 'I need to find him. I need to find him.'"

Turns out Ken had a few bumps while making his way to Anzac.

Dion said he ran out of gas in Wandering River, but that didn't stop him from meeting other evacuees and lending a helping hand.

"A guy who saw my Facebook post called me and said, 'Your dad gave us a jerry can of gas. He's all right," Dion said. "I was like, 'OK, good — he's being the normal warmhearted guy most people know him to be.'"

Dion then called a friend in the area to pick Ken up and drive him to Cold Lake.

INSURANCE

Extra agents sent in to handle claims

Brodie Thomas
Metro | Calgary

At evacuee camps across Alberta — next to representatives from the Red Cross and Alberta Health Services — insurance agents are also setting up tables.

Bill Adams, regional vice president for the Insurance Bureau of Canada, said representatives from the IBC are set up at Lac la Biche and at Northlands in Edmonton. They are making plans to set up in Calgary this week.

Insurance companies have even been bringing in employees form other parts of Canada to help process the flood of claims they are expecting.

Adams' advice to anyone affected by the wildfires is simple — open a claim.

"You'll be in the queue," he said. "The longer you wait — the more difficult it's going to be."

He said insurers are trying to get a handle on the numbers, and they won't be able to really do that until they find out how many claims they are dealing with, and get in to assess the damage.

Some companies are going out of their way to start collecting that information. Intact Insurance, the largest home insurance company in Canada, said in a release Monday it has used satellite technology to assess homes that were a total loss.

Intact alone is estimating an after-tax net loss of $130 to $160 million.

IBC, on the other hand, isn't releasing any numbers until they can get adjusters in to see the damage.

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Shawn Chaulk poses with his collection of Wayne Gretzky memorabilia in Fort McMurray, Alta., on April 16, 2013. Chaulk, one of Canada's biggest collectors of hockey memorabilia, says the Fort McMurray fire may have changed his attitude toward collecting. JASON FRANSON/THE CANADIAN PRESS

Gretzky collector loses enthusiasm

MEMORABILIA

Hobbyist saved jerseys, rookie cards from fire

He saved precious hockey memorabilia from the flames, but one of Canada's biggest sports collectors says the Fort McMurray fire may have cost him his hobby.

"I don't know that collecting means as much to me anymore," said Shawn Chaulk, who was once called the Wayne Gretzky of Wayne Gretzky collectors.

It includes dozens of game-worn jerseys and sticks, some worth up to $20,000. He has more than 100 Gretzky sticks from one used in the 1978 world junior tournament to one used in Gretzky's last game with the New York Rangers in 1999.

The list includes gloves and helmets worn during Stanley Cup victories and regular-season games, skates replete with scuffs and repairs and replica Stanley Cups once owned by former Oilers owner Peter Pocklington, who is still reviled by some Oilers fans for trading Gretzky to the Los Angeles Kings in 1988.

The situation put a whole new meaning on the question: What would you take if your home were on fire?

As his wife and children threw clothes and toys into suitcases last Tuesday during Fort McMurray's evacuation, Chaulk was downstairs with an associate trying to figure that one out.

"I dumped my safe and took things like Gretzky rookie cards. I opened two hockey bags and put them on the floor and said, 'Start filling 'em.'

"I was ripping jerseys out of display cases and off hangars at a speed I didn't know I could operate at — just throwing them at Mark and he was filling the hockey bags. We zipped up the two bags and that became it."

The choices were tough.

"The No. 1 collectible I took out of there was Gretzky's '84 Canada Cup jersey worn in the cup-winning game. And his stick," he said. "They're liquid and we could need the money to rebuild."

Eventually, the family left with about 50 jerseys and four Gretzky sticks Chaulk has willed to his children. They drained fuel from their lawnmower to get as much gas in the car as possible and fled north. The family will rebuild and move on, but Chaulk's not so sure about the hobby he loved.

"I'm not sure if I'm in the same frame of mind. Maybe I'm wrong. Maybe I'm just emotional. I don't know if I need to even focus on that anymore.

"Every hour that I put into collecting I take away from my family." THE CANADIAN PRESS

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metro VIEWS
Your essential daily news
Tuesday, May 10, 2016

ROSEMARY WESTWOOD
ON THOSE WHO LOST EVERYTHING

Anyone watching Fort McMurray would have wondered: 'What would I take? What would I leave?' 'It's just stuff,' you might have told yourself. But that is not true.

The mass exodus from Fort McMurray last week was marked, in part, by tales of things.

What was hastily, even comically (in retrospect) gathered: clothing and a large clock; the stuffed bear head lifted from its place on the wall; half a blender and a watermelon; cheese slices and snow pants.

Then, what was left behind: "It's not fair," one woman, who had been living at a campsite before it was consumed by flames, told the CBC. "They didn't even let us take our things. We lost everything now."

It wasn't a euphemism. Speaking to a camera crew while the fire raged behind her, distressed and in tears, she had only the clothes in which she stood.

Anyone listening the radio the day after that hectic evacuation would have wondered: "What would I take? What would I leave?"

"It's just stuff," you might have told yourself, looking around at the jumble of items that articulate that most private landscape: the home.

But that is not true.

Yesterday, Alberta Premier Rachel Notley visited the scorched town to survey damage, reporters in tow. The visit will inform plans for residents' return. Swept out in a frenzy, people will soon begin to flow back into Fort McMurray. There will be something to return to: Hospitals, schools and the airport survived the blaze, as did many homes. But much will have changed, and much will be gone forever. Even neighbourhoods could be unrecognizable.

"You walk into these areas and you could have lived there all your life and you're completely disoriented," Ron Mattiussi, a Kelowna resident during that city's 2003 fire, told the CBC of the aftermath there. "All the landmarks are gone."

This idea, of a lost home, has preoccupied me since the crisis began.

"What is a home," a friend mused over the weekend, "if not the museum of your life?"

That has probably always been true, but perhaps never more so than now, when it can feel as though we live to consume. (You could argue we are consumers, then taxpayers, then a nationality, and then, perhaps, a gender, a race, an urban identity, a community member.)

Sex in the City's Carrie Bradshaw once snarked that shopping was her cardio. Just think how fit we'd be if people actually walked to stores: In 2011, the U.S. Commerce Department reported Americans spent $1.2 trillion on goods and services they didn't need. Yes, we're Canadians, but we also like our stuff.

That modern abundance has in turn spawned the age of minimalist Marie Kondo, who asks that you ascribe more than utility or fleeting affinity to your possessions, but a deep and abiding joy. And in this world, where, either way, you are what you own, what could be more terrifying than losing it all?

Speaking to the Atlantic magazine about the psychology of home, the environmental psychologist Susan Clayton called our domestic space a source of "self-definition." Where we live, and what we surround ourselves with, contributes to our identity. It can shape our routines, and we mold it reflect who we want to be.

Of course, those are both things — routines and a sense of self — that can change. Certainly, Fort McMurray's 80,000 residents have proven themselves nothing if not resilient. They are of course more than where they lived (or will live again, if they are among the lucky). Like all of us, their relationships undoubtedly matter most.

But we are nesting, possessive creatures. Our spaces remind us who we are — someone who likes these textiles, wears these clothes, drinks each morning from this mug, nurtures that plant, reads (or aspire to read) those books or magazines. Look around your private space, with all the talismans of your life, and then imagine it is all gone. Everything.

It is not the worst that could happen, but still. What a shock. What loss.

You are what you own, and what could be more terrifying than losing it all?

Metro POLL

What would you take?

If you had to flee your home in a fire and had just five minutes to pack, what would you bring?

16% Family pet
15% Documents (i.e. passport)
15% Money
14% Smartphone/computer/tablet
10% Clothing
8% Family mementos
8% Food
6% First aid kit
5% Jewelry/valuables
3% Other

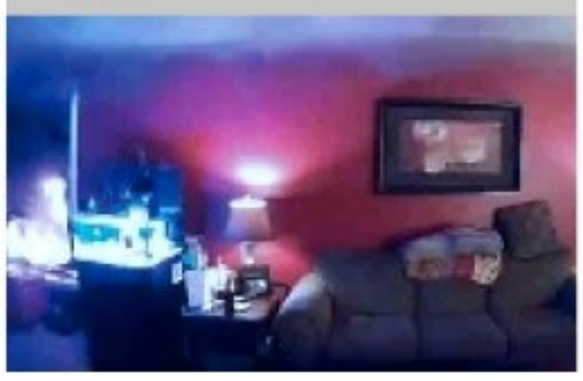
A change of clothes, basic toiletries, first aid and copies of documents.

We keep 'go' bags ready at all times.

My daughter and dog first. Anything else can be replaced.

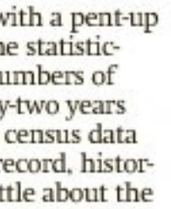
In a fire, everyone should have a designated object to grab.

visit metronews.ca
HAVE YOUR SAY



Census Day is Vancouver's chance to be seen

CITY HOLLER
Trish Kelly



Last week when envelopes labelled 2016 Census began arriving in mailboxes, such a great number of Canadians rushed to their computers to file, they actually broke the Statistics Canada website.

It was a wave of national geekiness that almost everyone could enjoy. Everyone except Revenue Canada employees perhaps, who, it should be noted, send letters annually asking Canadians to file information, but never receive fanfare or happy hashtags.

It must have also pained Stephen Harper as he cruised Twitter that day, watching the flood of selfies of delighted Canadians posing with their envelopes, and then many sulky updates from those three-quarters of Canadians who discovered they wouldn't get to answer the long-form census. For these data nerds, the ten-question short-form will leave them with a pent-up desire to share the statistically significant numbers of their lives. Ninety-two years from now, when census data becomes public record, historians will know little about the short formers except whether they were farmers, where they lived in May 2016 and with whom they were cohabitating.

Those who do get the long-form have the chance to detail their ethnicity, the type of housing they live in, their physical disabilities and commuting information.

But the long-form does more than satisfy the narcissism of data nerds; this is all hugely important stuff we need to know so that government services can reflect the needs of the population.

I do feel for those disappointed by the short-form census. There was a long stretch there where we had a government that didn't seem interested in its citizens or in governing. It's very exciting to think our government wants to see us, and not in some creepy Bill C-51 kind of way.

City staff and non-governmental organizations use census data to help decide where to put affordable housing, where to bolster transit services, or place a seniors centre. It's the hard data that can ensure government makes decisions based on fact, not voter sentiment. The random assignment of the long-form census means we can be confident trends that emerge are factual, not based on which interest groups are better at lobbying.

The last long-form census was completed in 2006, so expect to see big changes in what we know about Vancouver. It will be great to have the numbers to back up our anecdotes and gut feelings about how affordability is disappearing in this city, and to show where low- and middle-income families are moving to find housing.

So if you haven't done it yet, fill out your census. You might have the enviable task of completing the long-form and feeling statistically fascinating for a day.

Trish Kelly lives and writes in East Vancouver. She was not selected for the long-form census.

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E-cigarettes are sickening more children due to cases involving liquid nicotine swallowing

How to train like a hockey star

FITNESS TRAINING

Former NHL player on goals, gains, and new lifestyles

It's been seven years since Gary Roberts played in the NHL. But in a gym, the sturdy 49-year-old high-performance trainer and lifestyle coach still looks like he could skate faster and score more goals than, well, any average person.

But Roberts is hardly average. Forced to quit hockey for a year in 1996 after a serious neck energy, he endured two surgeries and intense reconditioning — with a focus on fitness and nutrition — before returning to play 12 more seasons, including four years with the Toronto Maple Leafs.

These days, he operates the Gary Roberts High Performance Centre in Toronto, where he's trained the likes of NHL stars Connor McDavid, Steven Stamkos, Jordan Staal, Brett Connolly and Mike Smith through a blend of advanced training techniques, proper sports nutrition and recovery strategies.

We caught up with Roberts to chat about how he works with the pros — and what the rest of us can learn from his advanced training techniques.

Ex- Toronto Maple Leaf and current **pro athlete fitness trainer Gary Roberts, now 49,** says training, refuelling, and recovery are all important elements of changing to a fitness-focused lifestyle. VINCE TALOTTA/TORONTO STAR

How did being an NHL player spark your passion for fitness?
I would say the biggest thing was my retirement. I retired at 30 years old with two serious neck injuries, and had to change my lifestyle in order to build my body back up where it needed to be to have an opportunity to have a second chance to play.

Initially, that sparked my passion for fitness and nutrition. What I did at 30 to change my lifestyle is what gave me the extra 12 years I had in the NHL.

Did being a pro athlete shape how you train athletes now?
I think the big advantage I have as a trainer — although I consider myself more of a lifestyle coach than a strength coach — is understanding the integration of all the elements you need to have success: the training, the refuelling, the recovering.
All those things equal performance.

You've worked with players from the NHL, the American Hockey League, the Canadian Hockey League — is there a common thread in how you're training all these guys?
They're in the same sport, so you've got a pretty good indication of what you need to do to give a player the best chance of success.

But each player has an individualized program, both training and nutrition.

What Connor McDavid of the Edmonton Oilers does is something different than what Steven Stamkos of the Tampa Bay Lightning does, because they're at different stages of their careers and development.

I think the thing for us is trying to find out those players' weaknesses and what we need to work on.

For those of us who aren't professional athletes, what can we do to stay motivated?
It's important to set goals for yourself and it's important to recognize your needs and weaknesses and imbalances and fix those things first.

Nutrition is the most important part to anybody's fitness routine.

If you're taking care of yourself and making healthier lifestyle choices, the training you do will be more successful because of how you're living your life.

Is there anything else we can learn from how the pros train?
Consistency in a routine and charting your progress. Even professional athletes like to see their gains.

As a lawyer, or banker or firefighter, set your goals and have people help you with your needs and assessments — in the end it's about charting your progress. TORSTAR NEWS SERVICE

Battling anorexia as an adult

Support lacking for those facing high mortality rates of chronic disorder

Lisa Sheinfeld, 42, has battled anorexia nervosa off-and-on for two decades. VINCE TALOTTA/TORSTAR NEWS SERVICE

The dizzying combination of side effects hit Lisa Sheinfeld like clockwork.

Two hours after she'd taken her usual amount of laxatives on an autumn afternoon last year, the 42-year-old Thornhill, Ont., mother of three sat in a public washroom, sweaty and lightheaded. The pain, she recalls, was more intense than being in labour. To cope with her overwhelming nausea, she curled her thin body into a ball on the floor with a sweater bunched under her arm. It was an awful, all-too-familiar feeling.

And she'd done it to herself.

For two decades, Sheinfeld has been coping with anorexia nervosa, a chronic and deadly eating disorder. Anorexia has a typical onset in the early teens, but the stereotype of young women hoping to shed a few pounds doesn't tell the full story.

Around 150,000 Canadians have or once had anorexia, according to data in a 2014 federal report. Other research shows around 20 per cent of people who develop anorexia in adolescence or young adulthood have a chronic course, typically living with the disorder for a decade or more.

Having an eating disorder throughout adulthood comes with distinct challenges, including few intensive treatment options, lengthy wait times, high mortality rates and the strain of also juggling a family and career.

For Sheinfeld, the disorder started in her early 20s when she first tried using laxatives.

The initial feeling of a flat stomach was "amazing," Sheinfeld recalls, but soon her family started noticing her frequent bathroom trips and weight loss.

After being diagnosed, she tried therapy and attended a treatment program in Toronto. It was like a detox, she says, and only lasted around three weeks.

At 29, she married her husband Rob. With children on the horizon, Sheinfeld knew her body needed to be healthy; the laxatives would have to go.

For the next 10 years, the disorder seemed to be under control. Sheinfeld never used laxatives in the stretch when her three sons, now aged 9, 7 and 5, were conceived and born. But in April 2014, she says a "switch went off."

Sheinfeld bought a pack of drugstore laxatives — she can't recall why — and, in the back of her mind, she knew she was inviting a return.

"It happened very quickly. I knew all the secrets. I knew how to lie," she recalls.

Sheinfeld lost 30 pounds in less than a year.

"It's like I'm on a merry-go-round and I just can't get off of it," Sheinfeld says. "I want to but I can't."

Dr. Allan Kaplan, a senior clinician-scientist with the Centre for Addiction and Mental Health (CAMH), compares anorexia to an addiction. A trigger like depression or anxiety will lead someone to start using drugs, he says, but the symptoms of withdrawal causes them to continue.

"Someone who is in cocaine withdrawal or heroin withdrawal can't will themselves to not be in withdrawal.

"It's the same with anorexia nervosa — someone can't will themselves to be in control," says Kaplan, who has spent 35 years studying the psychobiology of anorexia and bulimia.

> **It's like I'm on a merry-go-round and I just can't get off of it. I want to but I can't**
>
> Anorexia sufferer Lisa Sheinfeld

And that cycle can be deadly. Among the side-effects of anorexia, studies show ongoing weight loss can lead to osteoporosis, fertility problems and atrophy of the brain, and the suicide mortality rate of people with anorexia is one of the highest of all psychiatric illnesses, according to studies cited by the American Association of Suicidology.

The National Eating Disorder Information Centre suggests an estimated 10 per cent of people with anorexia will die within 10 years of the disorder's onset — a stat that jumps to 50 per cent for those suffering a chronic course, either because of medical complications or by suicide, Kaplan says.

But for adult sufferers, finding suitable treatment is difficult. Sheinfeld says she's been told her Body Mass Index is too low for certain treatment programs, while others have responded with months-long waiting lists.

"My hope is just to have a life," Sheinfeld says. "To have my life back."

The disorder affects how the brain communicates with the gut, says Dr. Angela Guarda, director of the Eating Disorders Program at the Johns Hopkins Hospital in Baltimore. People with anorexia feel full with less food, she says, and also have symptoms of a gastro-intestinal disorder, such as bloating, constipation and abdominal pain.

And while parents might be able to force a child into treatment, it's a different situation with a spouse.

Sheinfeld's husband can relate. Last fall, at a therapy session for families of people with eating disorders, Rob looked around the room — and all he saw were parents.

"If your child is under 18, you can put them in a hospital as a parent. You can take things away from them," he says.

"How do you do that with a 42-year-old? Am I going to take her car away, say she can't go out with her girlfriends? I can't do that."

TORSTAR NEWS SERVICE

HOW ANOREXIA AFFECTS THE BRAIN

- Even when intensive treatment programs are available, helping longtime anorexia sufferers is challenging, says CAMH's Dr. Allan Kaplan. "Once people lose weight, they change their brain chemistry," he says. "Their processing isn't normal."
- When people lose weight, they lose body tissue from every part of their body, including the brain.
- Kaplan's current research focuses on how anorexia impacts the brain's myelin, the fatty covering of "white matter" that delivers information to the "grey matter" centres controlling emotions and high-level thinking.

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A pose guaranteed to float your boat

YOGA

Move is a fun and easy way to engage your core

YuMee Chung
Torstar News Service

Want to test the seaworthiness of your boat pose? Why not take it out for a spin on the open water? Floating your boat introduces a fun cardiovascular challenge to a yoga classic.

Float your boat

1. Stand in the shallow end of a pool. Your feet should be able to comfortably reach the bottom.

2. Keeping your head above water at all times, bring the legs up to create a V-shape with the body. Lift your chest, draw the lower back in and up, and squeeze your legs together. This is boat pose.

3. Now power up your craft by breaking above the water's surface with your two feet, and sculling with your hands to row yourself backwards.

4. Go for distance or go for time — staying afloat as long as possible before you touch the feet down.

Once you've gone out for a few training runs, you can invite your friends to a boat pose regatta. This is a great one to do with kids of all ages.

Core Competency

Although boat pose is commonly thought to be an abdominal strengthener, the key muscles are actually your hip flexors, mainly psoas major and iliacus.

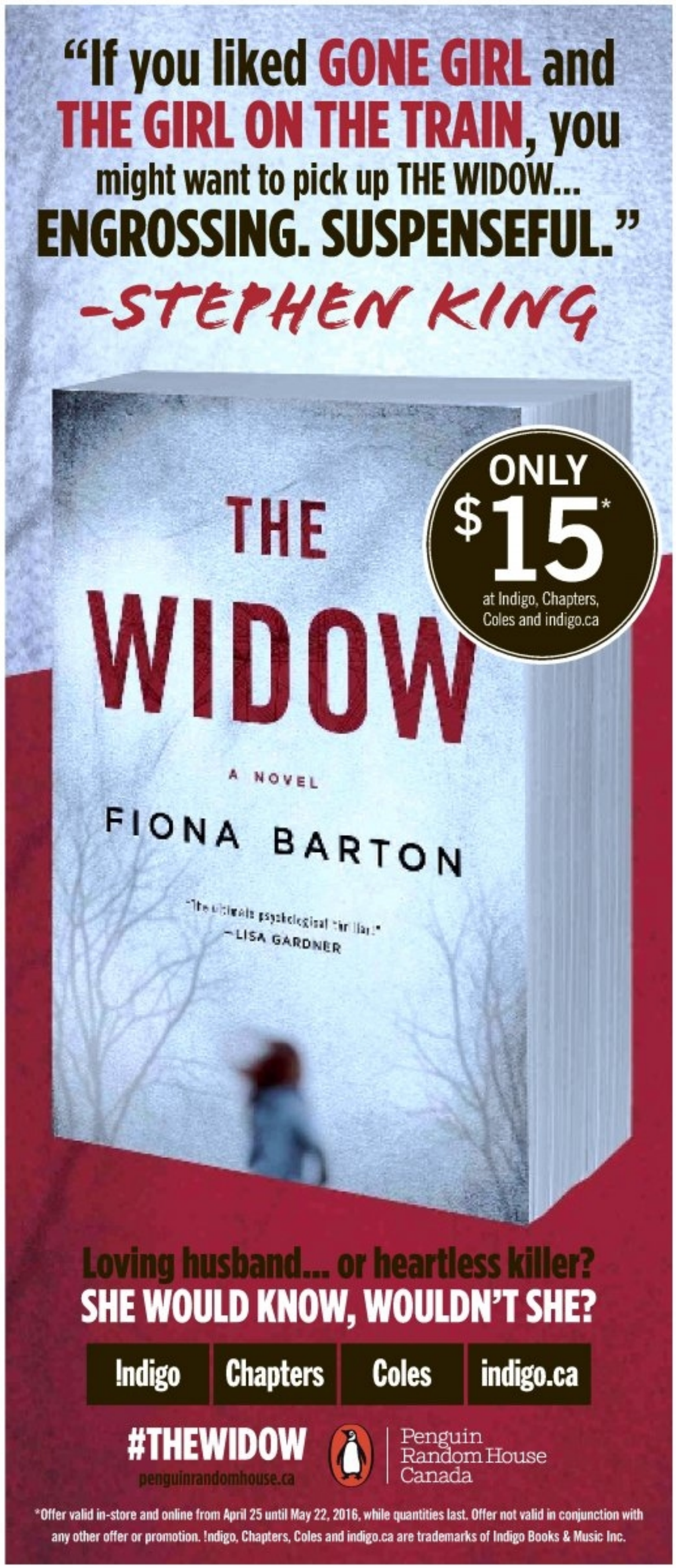
If you feel a cramping in the front of your thighs in boat pose, you are likely relying on rectus femoris (part of the quadriceps muscle group) to help you hoist your legs.

As it turns out, rectus femoris isn't a very effective hip flexor due to its origin point low down on the pelvis — it really only gains its title as a hip flexor on a technicality.

When this muscle contracts in an attempt to flex the hip, its three other friends in the quadriceps muscle group also contract, but they are not equipped to do the job. The key to boat pose is learning how to recruit the best muscles to do the job and giving the accessory muscles a chance to kick back and enjoy the ride.

YuMee Chung is a recovering lawyer who teaches yoga in Toronto. She is on the faculty of several yoga teacher training programs and leads international yoga retreats. Learn more about her at padmani.com.

Above: a demo of the boat pose to see what it looks like above water. Below: How it looks when you're in the pool. CARLOS OSORIO/TORSTAR NEWS SERVICE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Bearing witness for women everywhere

DOCUMENTARY

New series by Gloria Steinem explores global gender issues

For her latest project in pursuit of equality, Gloria Steinem is turning to television.

The feminist activist and author makes her debut Tuesday as producer and host of Woman, a documentary series on the Viceland network about gender-based violence and injustice around the world.

The series came out of a discussion with Vice Media chief Shane Smith, Steinem said.

When she told him how violence against women predicts and normalizes violence at all levels of society, he "responded in a very heartfelt way."

The result is eight short documentaries, all by young female journalists, each focused on an issue threatening women in a particular region of the world.

The first episode looks at the epidemic of rape as a tool and symptom of war in Congo, with more than 1.8 million victims over the last 20 years.

Future installments explore female guerrilla fighters in Colombia, child brides in Zambia, and the murder of indigenous women in Canada.

Steinem, 82, talked with The Associated Press about the show and how she stays hopeful after six decades of activism.

Steinem will host and produce an eight-part documentary series on the **Viceland** network, called **Woman**, about the political impact of violence against women throughout the world. The series premieres Tuesday. THE ASSOCIATED PRESS

What did you say to Shane Smith that made him insist you do a show?

I was talking about violence against females in the world and the degree to which, first of all, it normalizes other violence. It tends to be what we see first in our families or in the streets.

It turns out to be the biggest indicator — more than poverty, more than degree of education, religion, access to natural resources, even degree of democracy — violence against females is the biggest indicator of whether a country will be violent in itself.

How did you decide what to focus on for these eight episodes?

We were clear that we wanted to include every continent. We didn't want to make it seem as though problems of violence were limited to one part of the world. We looked at what was most prevalent or important to the women's movements in that country.

> We now know ... that the old discriminatory systems are crazy, we are not crazy
>
> Gloria Steinem, on feminism

The challenges facing some of the women you show are upsetting, but you've said the series makes you feel less helpless. Why?

We have to know before we can act, and the very fact that this is allowing millions of people to have the experience of walking around and talking to people and listening is a step forward in itself.

We know from many forms of suffering that what is important first is a witness — people want to know that someone else knows what's happening, that they're not alone.

What real, concrete changes have you seen in your fight for feminism?

We now know, deeply and in the majority, that the old discriminatory systems are crazy, we are not crazy.

We now know that racism is not real, it's made up, it's cruel, it can be stopped. We know sexism is not inevitable.

If we have reproductive freedom, that is the ability to decide for ourselves what happens to our bodies.

THE ASSOCIATED PRESS

JOHANNA SCHNELLER
WHAT I'M WATCHING

The Good Wife's seven-year switch

After seven seasons, the series finale aired on May 8. HANDOUT

THE SHOW: The Good Wife, series finale (CBS/Global)
THE MOMENT: Will's advice

She's gotten her governor husband Peter (Chris Noth) a light sentence for his crimes, and plans to divorce him.

Now attorney Alicia Florrick (Julianna Margulies) stands alone in her apartment.

"What do I do now?" she asks the air. The ghost of Will (Josh Charles), Alicia's true love, appears.

"Go to him," Will says, referring to wolfish investigator Jason (Jeffrey Dean Morgan). "Do you really want to live here alone? It will drive you crazy."

"You're right," she says.

HUH? From the beginning, I loved The Good Wife.

The characters' intelligence (and wardrobes) were exactly right, as were the ripped-from-the-headlines cases, and the amount of soap opera.

This season irritated me, though. Instead of being about Alicia, it was about the men who define her. I get that the plot had to land her on that podium, where she could stand next to Peter as she did in episode 1 – but differently.

But that slap! Alicia's boss/mentor Diane (Christine Baranski) smacks her for betraying her, in the same hallway where Alicia slapped Peter in the pilot.

Suddenly, the whole series is not about Alicia becoming independent. Suddenly it's about shaming her for attaining power.

The climax strands Alicia without friends or job because she became what she hated — about Peter. (Again, defining her in relation to him.) She now has to go out to the bad world and redefine herself again.

To me, show creators Robert and Michelle King's decision undermines their whole series. You were rooting for Alicia, it says — but you were wrong to.

Yuck.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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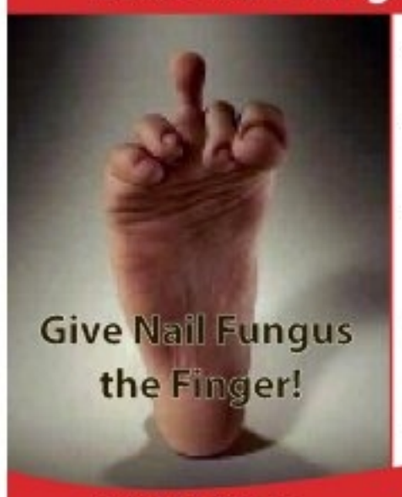

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MAD MAGAZINE

A comic claim to fame

A seven-year-old Medicine Hat, Alta. boy is enjoying his 15 minutes of fame after catching the attention of Mad Magazine due to his marked resemblance to Alfred E. Neuman.

With his red hair, freckles and missing front tooth Thomas J Desjarlais was a dead ringer for the iconic face of the satiric magazine when his mom Carly posted a picture of him in April.

That led to an editor from Mad requesting an official photo of the boy, who goes by TJ.

The image is featured in the June, 2016 edition. The letters and tomatoes page features the gaptoothed photo of TJ.

THE CANADIAN PRESS

TJ Desjarlais is a dead ringer for Alfred E. Neuman. THE CANADIAN PRESS

metro SPORTS

Leicester manager Claudio Ranieri has been given an open offer from the Italian soccer federation to coach the national team at some point

Stars' quick start helps force Game 7

NHL PLAYOFFS

Lehtonen makes early lead hold up with 35 saves

Rookie Mattias Janmark ignited a three-goal first period and Kari Lehtonen made 35 saves for the Dallas Stars, who forced Game 7 with a 3-2 victory over the St. Louis Blues on Monday night.

Vernon Fiddler and Jason Spezza also scored for Dallas, which reclaimed home ice for the deciding game on Wednesday night despite getting outshot 37-14 with the Blues dominating the last two periods.

Alexander Steen and Patrik Berglund scored for St. Louis.

Home ice has meant little, given the road team has won three in a row and four of six in the series.

Blues goalie Brian Elliott, who had played well throughout the post-season, was replaced with the Stars leading 3-0 on just seven shots at 16:49 of the first.

Jake Allen finished in his first appearance of this post-season, facing just seven more shots in the final two-plus periods.

St. Louis will be seeking its first trip to the Western Conference final since 2001 and Dallas, which finished first overall in the West, previously made it that far in 2008.

The Stars were ahead 3-0 after the first, their first two- and three-goal leads of the series. That early show of strength muzzled another standing-room crowd of 19,808 at the Scottrade Center with the first two goals coming in a span of 20 seconds.

Janmark blocked Colton Parayko's dump-in from just inside the blue line and skated in alone on Elliott, scoring on a high shot. Fiddler made it 2-0 on a deflection at 5:13 not long after Elliott couldn't clear the puck.

Elliott was pulled after the Stars made it three goals on seven shots, with Spezza scoring on a power play from the slot at 16:49. Blues defenceman Jay Bouwmeester fell down seconds before Spezza's first of the series and fifth of the playoffs.

Steen's goal on a rebound of Robert Bortuzzo's shot gave the Blues life in the second period. Berglund cut the deficit to one at 8:59 of the third, tapping it in from close range off a nice setup from Jori Lehtera.

THE ASSOCIATED PRESS

Stars forward Vernon Fiddler scores past Blues goalie Brian Elliott while being covered by Kevin Shattenkirk on Monday in St. Louis. JEFF ROBERSON/THE ASSOCIATED PRESS

GAME 6 In St. Louis

3	2

NHL PLAYOFFS

Preds jump Sharks to avoid elimination

Viktor Arvidsson scored 2:03 into overtime, and the Nashville Predators forced a deciding seventh game for their second straight series by beating the San Jose Sharks 4-3 on Monday night.

Arvidsson jumped the puck between three Sharks and skated up the left side before throwing a backhander past goaltender Martin Jones.

No road team has won yet in this second-round series, and the franchise that had never forced a Game 7 until this post-season will play in its second straight with a berth in the Western Conference final on the line. The Predators also earned their first two-day break between playoff games this post-season with Game 7 on Thursday night in San Jose.

Colin Wilson, Ryan Johansen and Roman Josi also scored for Nashville.

Logan Couture scored a power-play goal in the third for San Jose, and Chris Tierney had two goals in the first period. THE ASSOCIATED PRESS

GAME 6 In Nashville

4	3

MLB IN BRIEF

Nats need more from No. 4

Dusty Baker is sticking with Ryan Zimmerman as the Washington Nationals' cleanup hitter, right behind Bryce Harper in the order — at least, as the manager put it Monday, "for now."

A day after Harper walked six times and Zimmerman failed to make the Cubs regret it by going 1-for-7, Baker kept the order the same: reigning NL MVP Harper at No. 3 and Zimmerman at No. 4. The Nats beat the Detroit Tigers in comeback fashion, 5-4.

THE ASSOCIATED PRESS

Yankees tee off on Royals

Carlos Beltran hit two of New York's five solo homers in the first three innings off an ineffective Chris Young, and Aroldis Chapman allowed a run in his Yankees debut before closing out a 6-3 victory over the slumping Kansas City Royals on Monday night.

Brian McCann, Brett Gardner and Aaron Hicks also went deep to help the Yankees win the opener of a four-game series against the defending World Series champions.

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Wade helps Heat find a way in Miami

RAPTORS
HEAT EVEN SERIES 2-2

Veterans take over as another game goes to OT

Dwyane Wade poured in 30 points to lift the Miami Heat over the Toronto Raptors 94-87 on Monday, evening up the Eastern Conference semifinal at two wins apiece.

The game needed overtime to decide the winner for the third time in the series.

Terrence Ross and Cory Joseph had 14 points apiece for Toronto, which is without starting centre Jonas Valanciunas for the remainder of the series.

Bismack Biyombo had 13 points and 13 rebounds, while DeMarre Carroll chipped in with 13 points.

Kyle Lowry had 10 points before fouling out with 1:58 to play on another rough night. He and fellow all-star DeMar DeRozan shot a combined 6-for-28.

Filling in for Valanciunas, Biyombo made his presence felt early when he soared over Amar'e Stoudemire for a massive first-quarter dunk, then flexed his biceps in celebration.

The game was an otherwise ugly one, with a mish-mash of lineups, and looked like it might have turned into a blowout thanks to Toronto's woeful 29 per cent first-half shooting.

But the Raptors opened the third quarter with a 17-4 run and when Ross was fouled on a three-point attempt with a minute-and-a-half left in the quarter, his three free throws put Toronto up by six.

Leading 62-60 with one quarter left, Ross drilled two threes to put Toronto up by nine points with six-and-a-half minutes on the clock. But Wade led a comeback that pulled the Heat within two points with just over a minute to play. With 12.6 seconds on the clock, Wade drove to the hoop, and his basket sent the game into extra time.

With Lowry on the bench, the Raptors could do nothing right in OT. Joseph and DeRozan scored the team's only baskets, before Goran Dragic converted a three-point play with 22 seconds left and Wade grabbed a Raptors turnover for a bucket that sealed the Heat win. THE CANADIAN PRESS

GAME 4 In Miami

94	87

Dwyane Wade shoots over Raptors centre Bismack Biyombo on Monday night. ALAN DIAZ/THE ASSOCIATED PRESS

NBA

Curry repeats as league MVP: Source

Stephen Curry is adding a second straight MVP award to his record-setting season.

A person with knowledge of the award says Curry will be announced as the winner perhaps as soon as Tuesday. The person spoke on condition of anonymity because the NBA has not revealed the winner.

Curry led the Warriors to an NBA-record 73 wins in the regular season. He also led the league in scoring with 30.1 points per game and shattered his own record for three-pointers by making 402.

THE ASSOCIATED PRESS

CFL DRAFT

Riders entertaining offers for top pick

Chris Jones has a decision to make.

The Saskatchewan Roughriders' head coach/GM said Monday he's fielded numerous offers for the top pick in Tuesday night's CFL draft. The Riders have the first selection after last season's league-worst 3-15 record.

Usually the first selection would be coveted by a GM like Jones, hired this off-season to rebuild the Riders after leading Edmonton to last year's Grey Cup as its head coach. The draft pool features many top offensive linemen but no consensus No. 1 player, making it tough for Jones to reap the rewards of a bidding war for the pick.

"We're still in the process of fielding phone calls from numerous teams in the league to determine exactly what our course of action will be," Jones said. "We're going to look at the best offer and then we'll make the right decision for us."

Chris Jones THE CANADIAN PRESS

Montreal goes second, followed by B.C., Toronto, Hamilton, Calgary, Ottawa and Edmonton in the first round. THE CANADIAN PRESS

IN BRIEF

Spurs' Buford named top GM
San Antonio Spurs general manager R.C. Buford was named the NBA's executive of the year on Monday.

It's the second time Buford has received the honour. He previously won it in the 2013-14 season.

Buford led the field with 77 total points in voting by fellow NBA executives. Portland's Neil Olshey finished in second place and Golden State's Bob Myers was third.

THE ASSOCIATED PRESS

Canada rolls in Russia
Buffalo Sabres forward Ryan O'Reilly scored twice as Canada remained unbeaten at 3-0 at the world hockey championship with an 8-0 rout of Belarus on Monday.

Canada allowed Belarus to keep the score close through 20 minutes before breaking the game open with four second-period goals.

THE CANADIAN PRESS

Murray ends experiment with coach Mauresmo
Andy Murray split with coach Amelie Mauresmo on Monday, ending a groundbreaking two-year relationship during which he improved as a clay-court player but failed to add Grand Slam titles.

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Brazil soccer great Rivaldo is telling tourists to stay away from the Olympics in Rio de Janeiro because of the danger of endemic violence.

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RECIPE Asian Chicken Salad

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This fresh and crunchy salad is satisfying enough to serve for dinner but also makes a portable lunch so let's just make life easy and double this recipe now.

Ready in
Prep time: 20 minutes
Cook time: 10 minutes

Ingredients
- 2 chicken breasts
- 1/4 - 1/2 head of purple cabbage, thinly sliced
- 1/4 - 1/2 head of green cabbage, thinly sliced
- 2 carrots, shredded
- 1 red pepper, thinly sliced
- 1/2 cucumber, peeled and sliced
- 2 spring onions, sliced
- handful cilantro, chopped
- 1/3 cup peanuts, chopped (optional)

Directions

1. Fill a skillet with water and season the water with salt and pepper and bring it to a simmer. Place the chicken breasts in the water and cook them for 10 to 12 minutes, depending on how thick the breasts are. Remove the meat from the skillet and place on a clean plate. Use two forks to shred the chicken.

2. In a small bowl, whisk together the dressing ingredients.

3. In a large serving bowl, toss together the vegetables and chicken. Drizzle dressing over the salad and toss again. Serve the salad in bowls and garnish with cilantro and chopped peanuts.

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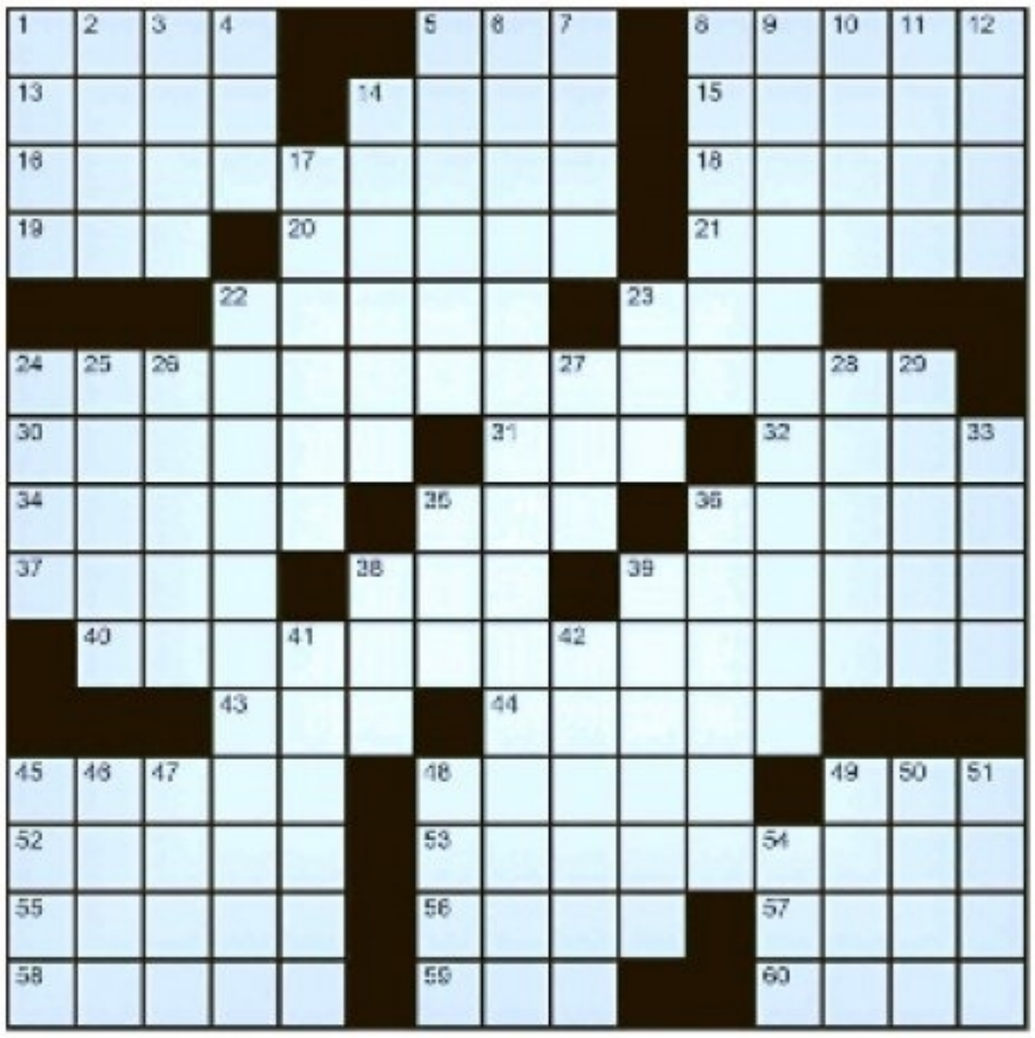
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Cooking fat
5. "Dancing with the Stars" host ...his initials-sharers
8. Canadian Olympian Ms. Hughes
13. "Walk Like _ _" by The Four Seasons
14. 'Prem' suffix (Movie's first showing)
15. _ space (Starry locale)
16. Celine Dion at Caesars Palace, e.g.: 2 wds.
18. Tea party treat
19. Tree-chopping tool
20. Bubbly bars
21. Communicates via clickety-clacks
22. Cook, as broccoli
23. Damage
24. Current superhero movie for Canadian actress Emily VanCamp, "_ _: Civil War" (2016)
30. Away, archaically
31. "Ready or _!"
32. Ring up
34. Minerals in multivitamins
35. Docs
36. Twin-crystal
37. Director Mr. Keshishian
38. Tender
39. Livestock identification: 2 wds.
40. Exterior housing feature: 2 wds.
43. Bit of butter
44. _ voce (Softly)
45. Good at crafts
48. Sailor's away-from-home status: 2 wds.
49. Frequently, in verse
52. 'Queen of Mean' hotelier Ms. Helmsley
53. In a non-wasting manner
55. Tycoon
56. But, in Boucherville
57. Tavern serving
58. Hunks of concrete
59. Britannica, e.g.
60. Relinquish control

DOWN
1. Psychedelic lighting, _ lamp
2. Charge card, nicknamed
3. Fury
4. Forensic 'fingerprint'
5. Iran's capital city
6. Household cleaning duo: 3 wds.
7. Stitches
8. Dana Carvey, to Mike Myers in movies
9. Classic sitcom tenant: 2 wds.
10. Perched on
11. Boulevard in Montreal, _-Levesque
12. Ancient Greece's war god
14. Affirmative response to someone pointing over there: 3 wds.
17. Belonging to Beelzebub
22. One with one's nose in the air, some might say: 3 wds.
23. Fulfilled
24. Hunting, in Spanish
25. Eva _ ("Canadian Idol" Season 4 champion in 2006)
26. _ of experts (Cable news show guests)
27. Rap artist, _ Def
28. Prickly plants
29. _ Gardens Conservatory (Botanical attraction in Toronto)
33. _ Mason (Asset management company)
35. Clock div.
36. Rum/curacao/lime cocktail: 2 wds.
38. Fragment
39. Compounds in perfume
41. Ancient peoples of Chichen Itza
42. Inlaid artwork
45. Belonging to Edmonton's prov.
46. Tangible
47. Afghanistan's _ Bora
48. "Are you as hungry _ _?" (Let's eat!)
49. S-shaped moulding
50. Bolted
51. Ancient port of Lebanon
54. The Peacock network

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is an excellent day for business and commerce. Whatever you do will give you a profitable result in the future. (What works best is to finish an old deal.)

Taurus April 21 - May 21
Fair Venus is in your sign now, dancing with lucky moneybags Jupiter. This means today is a very fortunate day for you. You will be more successful if you wrap up old business.

Gemini May 22 - June 21
Solitude in beautiful surroundings will please you today. In fact, some of you might dabble in a secret love affair. (Woo, woo!)

Cancer June 22 - July 23
This is a popular day! Rally your troops and set them marching, because others will respond to your encouragement and direction.

Leo July 24 - Aug. 23
You make a fabulous impression on bosses and VIPs today. In fact, a flirtatious moment might occur — who knows? A conversation might lead to boosting your income in the future.

Virgo Aug. 24 - Sept. 23
Travel for pleasure totally appeals today. Fortunately, opportunities to do so abound. Lucky you!

Libra Sept. 24 - Oct. 23
Gifts, goodies and favors from others will come your way today. Do not hesitate to accept them. Just say, "Thank you!"

Scorpio Oct. 24 - Nov. 22
Relations with others are warm and friendly today. It's a particularly good day to deal with members of the general public. Seek out fun excursions with others.

Sagittarius Nov. 23 - Dec. 21
It's easy for you to get a raise or praise from others at work today, because people are impressed by you now. (Make the most of this while you have this advantage.)

Capricorn Dec. 22 - Jan. 20
This is an excellent day to set off on vacation. At the least, book some time for yourself doing what you enjoy most. The arts, sports events and playful times with children are favoured (as is romance).

Aquarius Jan. 21 - Feb. 19
This is the perfect day to wrap up an old real-estate deal, especially something that has been hanging on. It's also a good day to entertain at home or buy something beautiful.

Pisces
Feb. 20 - March 20
Relations with others are friendly today, because you are in an optimistic frame of mind. Believe in your power to attract what you need to you.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	5	4	3		8	1	7	
8								2
7								9
2				7				8
			6	3	4			
6				9				7
1								4
3								5
	6	9	1		7	2	8	

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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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3	2	9	5	4	1	8	7	6
5	8	7	3	2	6	4	9	1
1	4	6	7	9	8	2	5	3
2	3	4	8	5	7	1	6	9
9	7	1	6	3	4	5	8	2
8	6	5	9	1	2	3	4	7
4	9	3	1	7	5	6	2	8
6	1	2	4	8	9	7	3	5
7	5	8	2	6	3	9	1	4

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